

Situational Analysis for Accelerating Hypertension Control in the Western Pacific Region

Burden of hypertension in the Western Pacific Region

The prevalence of hypertension has increased in most countries in the Western Pacific Region over time. Based on data from the Global Health Observatory, the proportion of the population in the Region with hypertension increased from a quarter of adults (26%) in 2000 to almost a third of all adults (32%) in 2025, or approximately 436 million people. Based on current trends, the prevalence is expected to continue increasing – by 2030 the number of hypertensive individuals in the Region is estimated to grow to 460 million people (Table 1).

In some countries such as Indonesia, Papua New Guinea and Solomon Islands, the prevalence of hypertension is projected to grow faster than other countries between 2019 and 2030, whereas there are only a few countries where a decline or plateau is expected (Japan and New Zealand). Pacific island countries have the most consistently high prevalence of hypertension in the Region, with more than 40% of the adult population affected in most countries.

Table 1. Hypertension prevalence in adults aged 30–79 in the Western Pacific, by country/area, 2019, 2025 and 2030

Country	2019		2025*		2030*	
	Prevalence (%)	Population affected	Prevalence (%)	Population affected	Prevalence (%)	Population affected
Australia	33	4 820 925	34	5 315 321	35	5 599 944
Brunei Darussalam	44	99 789	48	123 413	51	142 101
Cambodia	23	1 570 697	26	2 026 435	28	2 437 613
China	29	256 643 552	29	273 922 208	30	279 793 248
Cook Islands	47	4 486	49	4 866	51	5 068
Fiji	38	153 228	41	180 324	44	203 044
French Polynesia	43	64 698	47	75 607	50	85 333
Indonesia	39	51 369 364	44	63 721 976	48	74 619 904
Japan	40	33 090 156	41	32 180 474	40	30 330 798
Kiribati	41	17 890	47	23 721	51	29 237
Lao People's Democratic Republic	26	712 551	27	890 193	28	1 053 159
Malaysia	39	6 068 033	39	7 113 191	40	7 935 571
Marshall Islands	30	6 019	32	6 981	33	7 962
Micronesia (Federated States of)	32	13 840	33	16 730	34	19 212
Mongolia	39	577 607	39	657 812	40	714 401
Naoero	39	1 619	42	1 824	45	1 987
New Zealand	36	968 630	35	1 024 253	35	1 041 952
Niue	41	340	44	383	47	424

Country	2019		2025*		2030*	
	Prevalence (%)	Population affected	Prevalence (%)	Population affected	Prevalence (%)	Population affected
Palau	46	4 888	49	5 406	50	5 649
Papua New Guinea	25	809 978	29	1 092 412	32	1 378 130
Philippines	32	14 460 467	33	17 357 074	34	19 898 436
Republic of Korea	31	10 412 751	33	11 465 649	34	12 285 257
Samoa	38	27 085	41	32 764	44	37 718
Singapore	35	1 344 007	36	1 533 736	37	1 636 818
Solomon Islands	27	58 448	31	79 560	34	101 672
Tonga	43	16 678	48	20 173	52	23 669
Tuvalu	50	2 300	54	2 679	56	3 005
Vanuatu	36	37 512	39	48 351	41	58 474
Viet Nam	29	14 322 180	31	17 471 964	34	19 989 696

* 2025 and 2030 data are WHO projections assuming continuation of current trends.

Source: [WHO NCD Data Profile](#).

Disparity between countries through the treatment cascade

The hypertension treatment cascade tracks the population through three sequential stages: diagnosis of hypertension; initiation and continuation of treatment of hypertension; and achieving control of hypertension. Loss of individuals with hypertension at each stage of the cascade points to specific health system gaps in screening coverage, linkage to care, treatment access or clinical management.

Based on projected data for 2025 in the Western Pacific Region, of people with hypertension, 56% are diagnosed, 42% receive treatment and 20% have controlled hypertension. These data highlight that there are a significant number of hypertensives who are not diagnosed and therefore do not receive treatment and have not controlled their hypertension.

This pattern is reflected in most countries and areas in the Region, with significant decreases occurring from the diagnosis to treatment to control stages (Table 2). In 2025, the Republic of Korea was the only country in the Region where more than 80% of hypertensives were diagnosed and 50% of them had controlled hypertension.

Table 2. Hypertension diagnosis and treatment cascade of adults aged 30–79 in the Western Pacific, by country/area, 2025*

Country	Hypertension diagnosis coverage		Hypertension treatment coverage		Hypertension effective treatment coverage (controlled hypertension)	
	Proportion (%)	Population affected	Proportion (%)	Population affected	Proportion (%)	Population affected
Australia	63	3 342 804	52	2 767 370	28	1 510 330
Brunei Darussalam	69	85 048	60	73 758	33	40 927
Cambodia	52	1 054 296	38	765 221	24	489 390
China	58	157 571 312	44	120 435 112	19	51 857 212
Cook Islands	63	3 089	48	2 358	20	969

Country	Hypertension diagnosis coverage		Hypertension treatment coverage		Hypertension effective treatment coverage (controlled hypertension)	
	Proportion (%)	Population affected	Proportion (%)	Population affected	Proportion (%)	Population affected
Fiji	56	101 271	36	65 021	14	24 826
French Polynesia	48	35 966	34	25 592	14	10 856
Indonesia	38	24 179 406	21	13 543 707	5	3 260 817
Japan	77	24 627 974	60	19 215 608	37	11 799 552
Kiribati	35	8 211	15	3 470	6	1 525
Lao People's Democratic Republic	47	416 095	33	296 576	16	144 203
Malaysia	52	3 697 253	45	3 179 223	22	1 549 299
Marshall Islands	47	3 315	30	2 112	15	1 064
Micronesia (Federated States of)	54	9 000	29	4 926	16	2 605
Mongolia	72	471 045	55	364 815	29	191 072
Naoero	55	1 008	29	520	16	293
New Zealand	69	707 768	57	579 074	32	331 865
Niue	59	225	46	176	21	81
Palau	60	3 260	42	2 276	17	946
Papua New Guinea	34	374 752	19	210 237	12	127 679
Philippines	55	9 501 940	37	6 489 133	19	3 379 965
Republic of Korea	82	9 374 769	82	9 371 372	62	7 164 495
Samoa	38	12 363	22	7 288	11	3 699
Singapore	74	1 127 421	69	1 051 528	44	676 591
Solomon Islands	37	29 227	15	11 826	8	6 186
Tonga	40	8 117	28	5 629	11	2 163
Tuvalu	35	940	21	555	6	172
Vanuatu	31	15 090	14	6 695	6	2 891
Viet Nam	52	9 089 918	33	5 778 199	16	2 763 663

* 2025 data are WHO projections assuming continuation of current trends.

Source: [WHO NCD Data Profile](#).

Gaps between projected treatment cascade and targets in 2030

Basing projections on the total number of people with hypertension in 2019, the 80-80-80 targets proposed by WHO in the Western Pacific aim to achieve an additional 100 million people with controlled hypertension in the Region by 2030.

By 2030, the target is that 80% of those with hypertension are diagnosed, 80% of those diagnosed are treated (that is, 64% of all individuals with hypertension) and 80% of those treated have controlled hypertension (about 51% of all individuals with hypertension).

Tables 3–5 present the data for each stage of the hypertension treatment cascade with 2019 data as the baseline, the projected figure in 2030 if current trends continue and what the target figure for each country is for that stage. The tables show that most countries and areas in the Western Pacific Region are not on track to reach the 80-80-80 target by 2030 if current trends continue and efforts are not accelerated. The gap is largest for effective treatment coverage because of the cumulative effect of the shortfalls at the diagnosis and treatment stages.

Three countries – Brunei Darussalam, the Republic of Korea and Singapore – are projected to surpass or come close to the target by 2030 based on current trends. These countries offer useful examples within the Region of what stronger progress through the cascade can look like and may be worth closer examination to understand which policies or health system features have contributed to their progress.

Table 3. Hypertension diagnosis coverage among adults aged 30–79 in the Western Pacific Region, by country/area, 2019, 2030

Country	2019 baseline		2030 projected*		2030 80-80-80 target**	
	Proportion of hypertensives diagnosed (%)	Population affected	Proportion of hypertensives diagnosed (%)	Population affected	Proportion of hypertensives diagnosed (%)	Population affected
Australia	62	2 999 366	63	3 539 077	69	3 856 740
Brunei Darussalam	64	63 795	73	103 721	56	79 831
Cambodia	49	768 192	55	1 337 261	52	1 256 558
China	53	135 347 760	61	171 909 536	73	205 314 842
Cook Islands	59	2 663	66	3 370	71	3 589
Fiji	53	81 051	59	119 714	60	122 582
French Polynesia	43	27 922	51	43 359	61	51 758
Indonesia	35	17 985 024	40	29 923 332	55	41 095 491
Japan	72	23 913 324	80	24 193 050	87	26 472 125
Kiribati	33	5 838	36	10 536	49	14 312
Lao People's Democratic Republic	44	311 704	50	522 083	54	570 041
Malaysia	48	2 924 193	55	4 373 297	61	4 854 426
Marshall Islands	45	2 715	49	3 875	60	4 815
Micronesia (Federated States of)	50	6 937	57	10 899	58	11 072
Mongolia	68	391 465	75	536 339	65	462 085
Naoero	52	836	58	1 159	65	1 295
New Zealand	67	644 675	71	737 936	74	774 904
Niue	56	189	61	259	64	272
Palau	55	2 700	64	3 632	69	3 911
Papua New Guinea	31	251 769	37	510 524	47	647 982
Philippines	51	7 400 733	57	11 437 774	58	11 568 374
Republic of Korea	75	7 779 871	88	10 752 818	68	8 330 201
Samoa	35	9 409	40	15 126	57	21 668

Country	2019 baseline		2030 projected*		2030 80-80-80 target**	
	Proportion of hypertensives diagnosed (%)	Population affected	Proportion of hypertensives diagnosed (%)	Population affected	Proportion of hypertensives diagnosed (%)	Population affected
Singapore	67	906 583	78	1 280 403	66	1 075 206
Solomon Islands	33	19 363	40	40 370	46	46 758
Tonga	37	6 121	43	10 103	56	13 342
Tuvalu	33	760	37	1 106	61	1 840
Vanuatu	28	10 530	34	19 902	51	30 009
Viet Nam	46	6 599 252	57	11 428 546	57	11 457 744

* 2030 data are WHO projections assuming continuation of current trends.

** The 80-80-80 targets are based on the total number of people with hypertension in 2019. By 2030, the target is that 80% of those with hypertension are diagnosed.

Source: [WHO NCD Data Profile](#).

Table 4. Hypertension treatment coverage among adults aged 30–79 in the Western Pacific Region, by country/area, 2019, 2030

Country	2019 baseline		2030 projected*		2030 80-80-80 target**	
	Proportion of hypertensives diagnosed (%)	Population affected	Proportion of hypertensives diagnosed (%)	Population affected	Proportion of hypertensives diagnosed (%)	Population affected
Australia	52	2 485 397	52	2 923 066	55	3 085 392
Brunei Darussalam	54	54 237	64	90 888	45	63 865
Cambodia	35	549 648	40	980 669	41	1 005 246
China	40	103 612 792	47	131 206 200	59	164 251 873
Cook Islands	45	2 024	51	2 560	57	2 871
Fiji	34	51 941	38	76 501	48	98 066
French Polynesia	31	19 881	36	30 822	49	41 407
Indonesia	18	9 382 671	24	17 676 174	44	32 876 393
Japan	56	18 599 128	62	18 872 310	70	21 177 700
Kiribati	14	2 549	15	4 356	39	11 449
Lao People's Democratic Republic	31	218 450	36	375 204	43	456 032
Malaysia	42	2 523 028	47	3 757 168	49	3 883 541
Marshall Islands	30	1 795	30	2 376	48	3 852
Micronesia (Federated States of)	27	3 806	31	5 918	46	8 857
Mongolia	52	299 613	59	422 023	52	369 668
Naoero	27	434	30	593	52	1 036
New Zealand	54	523 950	58	603 985	59	619 923
Niue	44	149	47	201	51	217
Palau	38	1 839	46	2 583	55	3 129

Country	2019 baseline		2030 projected*		2030 80-80-80 target**	
	Proportion of hypertensives diagnosed (%)	Population affected	Proportion of hypertensives diagnosed (%)	Population affected	Proportion of hypertensives diagnosed (%)	Population affected
Papua New Guinea	18	143 964	20	282 476	38	518 386
Philippines	34	4 961 451	40	7 919 065	47	9 254 699
Republic of Korea	75	7 777 514	88	10 749 656	54	6 664 161
Samoa	20	5 485	23	8 858	46	17 334
Singapore	62	837 248	73	1 197 663	53	860 165
Solomon Islands	13	7 888	16	16 236	37	37 407
Tonga	26	4 335	29	6 878	45	10 674
Tuvalu	20	456	21	641	49	1 472
Vanuatu	12	4 639	15	8 864	41	24 007
Viet Nam	29	4 103 003	37	7 434 246	46	9 166 195

* 2030 data are WHO projections assuming continuation of current trends

** The 80-80-80 targets are based on the total number of people with hypertension in 2019. By 2030, the target is that 80% of those diagnosed are treated (64% of all with hypertension in 2019).

Source: [WHO NCD Data Profile](#).

Table 5. Hypertension effective treatment coverage among adults aged 30–79 in the Western Pacific Region, by country/area, 2019, 2030

Country	2019 baseline		2030 projected*		2030 80-80-80 target**	
	Proportion of hypertensives diagnosed (%)	Population affected	Proportion of hypertensives diagnosed (%)	Population affected	Proportion of hypertensives diagnosed (%)	Population affected
Australia	28	1 340 343	29	1 607 228	44	2 468 314
Brunei Darussalam	29	28 665	37	52 707	36	51 092
Cambodia	21	330 214	27	648 695	33	804 197
China	16	41 305 920	21	59 564 724	47	131 401 499
Cook Islands	18	800	22	1 092	45	2 297
Fiji	12	18 975	15	30 659	39	78 453
French Polynesia	12	7 987	16	13 633	39	33 125
Indonesia	4	2 265 315	6	4 266 052	35	26 301 114
Japan	32	10 490 674	40	12 233 982	56	16 942 160
Kiribati	6	1 134	7	1 926	31	9 160
Lao People's Democratic Republic	14	98 404	18	191 454	35	364 826
Malaysia	19	1 133 273	24	1 941 506	39	3 106 833
Marshall Islands	14	872	16	1 239	39	3 082
Micronesia (Federated States of)	14	1 910	17	3 265	37	7 086
Mongolia	25	144 735	33	232 814	41	295 735

Country	2019 baseline		2030 projected*		2030 80-80-80 target**	
	Proportion of hypertensives diagnosed (%)	Population affected	Proportion of hypertensives diagnosed (%)	Population affected	Proportion of hypertensives diagnosed (%)	Population affected
Naoero	14	231	18	350	42	829
New Zealand	30	291 575	34	354 167	48	495 939
Niue	19	65	22	95	41	174
Palau	15	713	20	1 132	44	2 503
Papua New Guinea	10	80 309	13	180 850	30	414 709
Philippines	17	2 391 746	22	4 357 271	37	7 403 759
Republic of Korea	55	5 771 682	68	8 380 456	43	5 331 329
Samoa	10	2 722	12	4 644	37	13 867
Singapore	39	521 256	48	792 454	42	688 132
Solomon Islands	6	3 713	9	9 156	29	29 925
Tonga	9	1 561	12	2 774	36	8 539
Tuvalu	6	138	7	205	39	1 178
Vanuatu	5	1 804	7	4 087	33	19 206
Viet Nam	12	1 766 956	19	3 802 768	37	7 332 956

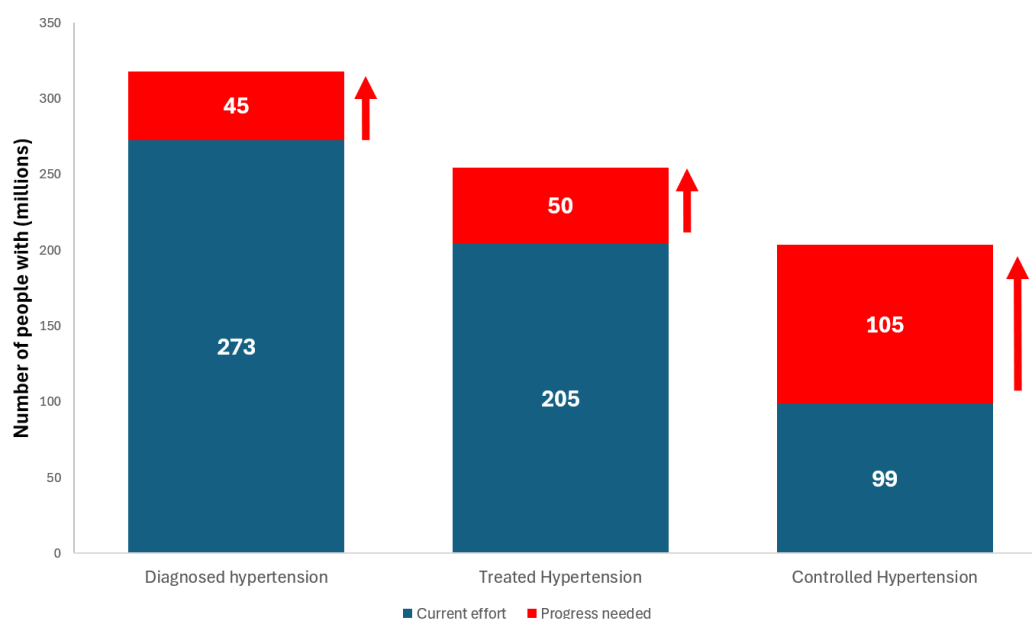
* 2030 data are WHO projections assuming continuation of current trends.

** The 2030 80-80-80 targets are based on the total number of people with hypertension in 2019. By 2030, the target is that 80% of those treated have controlled hypertension (about 51% of all with hypertension).

Source: [WHO NCD Data Profile](#).

To meet the 80-80-80 targets by 2030 in the Region, of those with hypertension, 45 million additional people need to be diagnosed, 50 million people need to be started on treatment and 105 million people need to achieve controlled hypertension (Fig. 1).

Fig. 1. Hypertension cascade – current effort vs progress needed to meet target, 2030 projected data



Source: WHO Global Health Observatory.

Country readiness for accelerating hypertension control

The 2023 NCD Country Capacity Survey indicates substantial engagement with hypertension as a policy priority across the Western Pacific Region: 61% of responding countries reported a national target for blood pressure control and 68% had conducted a recent national survey measuring blood pressure and hypertension (Table 6). Ten countries (Brunei Darussalam, Cambodia, Cook Islands, Japan, Kiribati, Malaysia, Mongolia, Palau, the Philippines and Viet Nam) reported both a national target and recent survey data.

Table 6. Raised blood pressure/hypertension indicators, by country, 2023

Country	Existence of a national target on blood pressure/hypertension	Has conducted a recent, national adult risk factor survey covering raised blood pressure/hypertension
Australia	No	Yes
Brunei Darussalam	Yes	Yes
Cambodia	Yes	Yes
China	No	Yes
Cook Islands	Yes	Yes
Fiji	Yes	No
Indonesia	No	Yes
Japan	Yes	Yes
Kiribati	Yes	Yes
Lao People's Democratic Republic	Yes	No
Malaysia	Yes	Yes
Marshall Islands	No	Yes
Micronesia (Federated States of)	Yes	No
Mongolia	Yes	Yes
Naoero	Yes	No
New Zealand	No	Yes
Niue	No	No
Palau	Yes	Yes
Papua New Guinea	Yes	No
Philippines	Yes	Yes
Republic of Korea	Don't know	Yes
Samoa	No	Yes
Singapore	No	Yes
Solomon Islands	Yes	No
Tonga	No	Yes
Tuvalu	No	No
Vanuatu	Yes	No
Viet Nam	Yes	Yes

Source: Assessing national capacity for the prevention and control of noncommunicable diseases: report on 2023 global survey.

Summary

Hypertension is one of the most significant and rapidly growing cardiovascular risk factors in the Western Pacific Region. The number of adults aged 30 years and older living with hypertension is projected to rise from 436 million in 2025 to 460 million by 2030, with many countries – particularly several Pacific island countries – facing very high prevalence. At the same time, the treatment cascade shows that too many people remain undiagnosed, untreated or without controlled blood pressure, with only one in five people with hypertension in the Region projected to have controlled hypertension in 2025. These gaps show that current progress and initiatives are insufficient to meet the 2030 80-80-80 targets.

Accelerating hypertension control will therefore require a deliberate and accelerated shift from incremental progress to coordinated, system-wide action. Countries can build on existing readiness to expand early detection, ensure sustained treatment, strengthen primary health-care delivery, improve access to affordable quality-assured medicines, and use routine data to drive continuous improvement.

Reaching the regional 80-80-80 targets would mean millions more people diagnosed, treated and controlled by 2030, and would substantially reduce avoidable cardiovascular disease, stroke, kidney disease and premature deaths across the Western Pacific Region.